

*The Polish Ambassador & The Permaculture Action Tour present*

# Spokane

## Community Resource Guide

Get involved with local projects, places, and organizations that are making the shift towards a more permanent human culture (perma-culture) through education, community building, and action.

### **Spokane Permaculture**

Create collaborative solutions to urban social issues through local gardening projects, food banks, community food forests, farmers markets and other potential programs that will help build local resilience and food security. This online network of individuals in the Spokane area is an educational and collaborative resource for workshops, harvest parties, film screenings, and the monthly Permaculture Guild meeting. Readings, forums, and additional media available online.

Give, live, and learn at [spokanepermaculture.org/](http://spokanepermaculture.org/)

### **Project Hope Spokane** **1428 West Broadway Avenue, Spokane, WA**

Get your hands dirty, provide mentorship to at-risk young people, and learn regenerative urban farming practices. PHS runs an urban farm program, converting vacant lots into local sources of fresh, organic produce, and provides eco-friendly lawn care services. All programs are staffed by and benefit members of under-served communities in West Central. Weekly work days-- all day Saturday, Monday through Thursday 3pm - 6pm. Volunteers on the farm need to bring boots, warm clothes, rain jacket and a water bottle.

Strengthen community resiliency with [projecthopespokane.org/](http://projecthopespokane.org/)

### **Vinegar Flats Garden**

**1702 W 27th Ave, Spokane, WA**

Providing a regenerative source of healing, sustenance, and sanctuary, this 12,000 sq. foot garden located on heritage farmland 5 minutes from downtown Spokane is an educational resource, encouraging food security and social empowerment in the community. Maintained and managed by volunteers, the garden serves as emergency housing for the St. Margaret's Women and Children's shelter, and allows the shelter to grow local, healthy food for the people it serves. Volunteer in the garden, attend harvest parties and work days, or help out by teaching healthy shopping and cooking habits.

Grow something beautiful with [vinegarflatsgarden.catholiccharitiesspokane.org/](http://vinegarflatsgarden.catholiccharitiesspokane.org/)

[www.PermacultureAction.org](http://www.PermacultureAction.org)

 <https://www.facebook.com/permacultureaction>

## *Lease Your Lawn Co-op Farm*

**LYL Coop Farm C/O Bruce-Ruhl Design, 1607 W Main Avenue, Spokane, WA**

Revamp Spokane lawns into thriving, productive farms and join the movement to grow organic food at home! Lease part or all of your lawn to this cooperatively owned distributed farm, which will have a permaculture designer transform the space into a productive garden full of fruits and vegetables. You don't pay for anything, not even the water! Become a cooperative worker and help maintain these urban garden-farms, donate unused building supplies, and learn more about Bruce Ruhl's vision online.

at [spokanelylcoopfarm.wordpress.com/](http://spokanelylcoopfarm.wordpress.com/)

## *Inland Permaculture Guild*

In need of assistance, allies, or education on how to make your permaculture practice thrive? This regional network of permaculture practitioners in the northwestern U.S. hosts the annual Inland Permaculture Guild Convergence and operates an interactive website to facilitate communication among Guild members and between the Guild and the greater community. Check their Facebook & website for upcoming events, films, and to engage in dialogues around permaculture practices.

Build symbiotic, creative relationships on [inlandnorthwestpermaculture.com/](http://inlandnorthwestpermaculture.com/)

## *Community Roots*

Sustain regenerative social programs and develop a connection with Spokane soil--'like' Community Roots' Facebook page to discover seasonal volunteer opportunities including planting, weeding and harvesting vegetables, fruits, and medicinal herbs. CR's also runs a Local Food Share, repurposing excess crops from local farmers and distributing fresh produce to assistance facilities that serve the Spokane community.

Create regenerative social health with [kealliance.org/community-roots/](http://kealliance.org/community-roots/)

## *Full Circle Farm*

Take the guesswork out of shopping for food - all of the produce delivered by Full Circle Farm's CSA program to your door is guaranteed to be fresh, local, and organic, as well as support regional farmers and artisans, FCF CSA boxes are customizable to fit your needs and tastes and come in four different sizes to choose from. Conserve energy and empower the bioregion by ordering locally produced staples like eggs, breads, meats and cheeses, chocolates, jams, pastas and much more!

Eat well and know your local farmers with [fullcircle.com/](http://fullcircle.com/)

## *Spokane County Conservation*

Steward & sustain the use of natural, local resources within Spokane County as part of dedicated, grassroots community groups. Spokane County Conservation connects people with agencies and resources aligned with the preservation of Spokane's natural wealth. Offers workshops, runs an online tree sale; check out the Facebook page to learn about important issues facing the region, and what you can do to help!

Join forces to promote sustainable living & permaculture ethos at [sccd.org/](http://sccd.org/)

[www.PermacultureAction.org](http://www.PermacultureAction.org)

 <https://www.facebook.com/permacultureaction>